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Rapid transit in peril after 'Toba budget, Katz says

Funding gap. Province only committed to one-third of \$350M cost



BERNICE PONTANILLA
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The Manitoba budget has put a huge question mark on Winnipeg's plans for the second stage of the rapid transit corridor.

"Let me ask you a question, how can a project go ahead if one of the partners is not committed to it?" said a clearly frustrated Mayor Sam Katz Wednesday.

"Council has basically approved us \$137.5 million, we're prepared to go out and borrow that, we've made that commitment, so far the provincial government has not."

In Tuesday's budget, the

provincial government announced \$5 million towards design plans for stage two of the southwest rapid transit project, which would link downtown to the University of Manitoba.

Since December, the city has expected the \$350-million cost of the southwest corridor to be \$137.5 million from the municipal and provincial governments and \$75 million from the feds.

Provincial government officials, including Premier Greg Selinger, have steadfastly maintained their contribution is one-third of the cost, or \$116.7 million, and there was no mention of bridging that funding

gap in Tuesday's budget.

"We have applied to the federal government, that's in process ... if we get the go-ahead on that, we're going to need an answer otherwise it's not going to happen," said Katz.

"We could be asking (the feds) for more but that's the minimum we would be asking for."

The city has been moving ahead on the southwest rapid transit project, with council approving in March the controversial selection of alignment 1B through the Parker lands as the chosen route.

More reaction to the provincial budget, page 2

Rapid transit corridor project

"We've made that commitment, so far, the provincial government has not." Mayor Sam Katz



Mayor Sam Katz says he's worried there won't be enough money to fund the second leg of the city's rapid transit corridor. BERNICE PONTANILLA/METRO

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Province moves quickly to raise sales tax

The province wasted no time on Wednesday with its plan to raise the PST and dodge a referendum on the issue.

One day after announcing the move in the budget, the government introduced a bill that would hike the tax to eight per cent from seven per cent as of July 1. The omnibus bill would also suspend a section of the balanced budget law that

requires a referendum before any sales-tax increase.

The opposition Progressive Conservatives used question period to call the bill an attack on voters' rights.

"We believe in the taxpayer accountability act that was put in place to protect Manitobans from this kind of government," MLA Kelvin Goertzen told the chamber.

Premier Greg Selinger said the tax increase is needed to pay for new flood-protection measures, with this year shaping up to be the third high-water year in the past five. He added there is no time for a referendum because work must begin quickly.

"We cannot afford to lose this year's construction season. This construction season will

allow thousands of Manitobans ... to go to work and build a stronger province."

PC Leader Brian Pallister said a Tory government would reduce the tax back down to seven per cent. He promised to spell out on Thursday how he could afford to do that.

The issue is expected to dominate the spring sitting of the legislature. **THE CANADIAN PRESS**

City reaction. Budget disappoints, Katz says

Mayor Sam Katz says he's disappointed with the Manitoba budget, saying it falls far short when it comes to the province's crumbling infrastructure.

Katz said the provincial NDP government doesn't "seem to really care" about the infrastructure for Winnipeg and other municipalities.

"Infrastructure drives the economic engine. Without infrastructure, you'd go nowhere," Katz said after Wednesday's executive policy meeting. "Yours truly and many other mayors are disappointed and we will be discussing this further."

Katz said municipalities have been asking for one per cent of the provincial sales tax for many years. Winnipeg is also looking at forking over another \$1.4 million in taxes due to the PST increase, which kicks in on July 1, he said.

On Tuesday, Finance Minister Stan Struthers said the PST increase is limited to 10 years to coincide with Ottawa's Building Canada Fund.

The PST revenue will fund the Manitoba Building and Renewal Plan, allowing the province to match federal money, which "will benefit communities across the province."

"It will allow us to double our funding for residential road renewal in Winnipeg," Struthers said. "And it will support water, sewer and municipal road improvements in rural communities."

The Manitoba budget also included \$9.3 million for the Plessis Road Underpass in Transcona.

BERNICE PONTANILLA/METRO, WITH FILES FROM SHANE GIBSON/METRO

New infrastructure plan takes it to the streets

Construction season.

Premier lays out plan for roads, bridges and other projects across the province



SHANE GIBSON

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In the aftermath of the province's 2013 budget released on Tuesday — which included a one per cent hike in the PST earmarked for infrastructure — Premier Greg Selinger hit the pavement on Wednesday to outline his government's plan for the money.

In all, the Manitoba government is promising \$3.5 billion over the next 10 years for municipal roads, bridges and other projects.

"This announcement today is intended to fill potholes, create jobs and stimulate the economy," Selinger said at a press conference staged in front of construction equipment at a local asphalt plant. "This year's budget has a record \$622 million to invest in

provincial roads, highways and bridges, including those damaged by the flood of 2011."

Selinger said the province is doubling money for streets in Winnipeg over the next three years to the tune of \$42 million, and making another \$21 million available for new roadwork in municipalities outside the city, with the province picking up as much as 50

per cent of the tab through cost-sharing agreements.

The province has also set aside cash for two new cost-shared programs this year. The Urban Highway Fund will get \$25 million for municipalities to invest in provincial highways, while the Commercial Infrastructure Fund will get \$25 million to help resource industries and municipalities make improvements.



Premier Greg Selinger speaks to reporters on Wednesday after announcing the province's 10-year plan for infrastructure spending in its 2013 budget. SHANE GIBSON/METRO

More transparency

- The government committed to giving industry updates every two years on the province's multi-year highway-upgrade plans, and to work closely with industry to improve the way projects are tendered.

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Collaboration. Canadian singer-songwriters team up for latest tour

Emma-Lee is teaming up with fellow Toronto singer-songwriter Peter Katz for a Canadian tour.

The talented twosome is currently collaborating on new music and recently recorded and filmed a banjo/guitar cover of Tina Turner's 'What's Love Got To Do With It'.

"We wanted to cover a song where the original version was super poppy, but if you redid the music, the tempo and the vibe, you suddenly gave the lyrics a new meaning and made it slightly more serious," Emma-Lee says.

The video — available at southernsouls.ca/peter-katz-emma-lee — was shot at the Toronto Zoo, with sea otters swimming behind Emma-Lee and Katz.

"We were thinking of the meaning of the song and that question 'What's love got to do with it?' and we thought, 'we're all just animals right?'" Emma-Lee says. "Luckily we got that take because we were kicked out of the zoo

immediately after."

No permit, no problem, Emma-Lee easily adapts. Her voice has survived two throat surgeries. She's switched from a wistful jazz chant-euse on her 2009 debut *Never Just a Dream* to an up-tempo country-infused pop artist on 2012's *Backseat Heroine*. The latter album's lead-off track, *Not Coming By*, features a trumpet solo, which Emma-Lee recreates live without a trumpet.

"I do a whistling solo," Emma-Lee says. "I don't play trumpet, so when I was writing the song I just whistled a melody that I then replaced with trumpets once we did the recording. From a live perspective, the whistling is often the thing people are the most into. I do a pretty mean whistling solo."

Emma-Lee and Katz play *The Purple Room* at FRAME (318 Ross Ave.) on Thursday night. Tickets are \$15 at ticketweb.ca and at the door. Showtime is 8 p.m.

JARED STORY/METRO



Emma-Lee is teaming up with fellow Toronto singer-songwriter Peter Katz for a Canadian tour. PAUL STEWARD/METRO



David Asper, chair of the Asper Foundation, speaks at the opening of a new training facility at Winnipeg Harvest on Wednesday. The facility was made possible with help from the foundation. SHANE GIBSON/METRO

Winnipeg Harvest opens new training facility

Auspicious occasion.

New facility opens on anniversary of the Queen signing Canadian Charter of Rights and Freedoms



SHANE GIBSON
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Winnipeg Harvest opened a new training facility Wednesday that the organization says will help their clients learn the skills needed for

them to find meaningful work.

Harvest's executive director David Northcott explained the facility — called the Asper Learning & Friendship Village because the Asper Foundation covered the \$100,000 in start-up costs — will expand the training for at-risk youth, immigrants, refugees, food bank clients, and low-income families and individuals that the organization already offers support.

"It's allowing us to blend together all the other training we've been doing all over the building," he explained

Training programs

- Winnipeg Harvest sees between 200 and 300 clients taking part in their various training programs every month.

after the announcement. "There's a lot of things we're doing that we couldn't do before because we didn't have the environment to do it in."

The newly-renovated room offers clients computers with internet access, and Northcott said some of the

money was also used to pay for training modules, and new trainers for the variety of courses offered at Harvest.

"This centre ... is going to provide, not just a place to come, not just a place to be, this is a proactive learning centre," explained Asper Foundation chair David Asper.

On top of providing Winnipeg Harvest with the capital to open the new facility, the Asper Centre has also pledged an additional \$25,000 a year for the next three years to cover operating costs.

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Boston bombing. Student snuffed out in her prime

Less than 24 hours before she died, Lu Lingzi sent an exuberant email to a professor after learning she had passed part of a major final exam.

"I am so happy to get this result!" she wrote. "Thank you very much."

Lu, 23, was killed on Monday in the Boston Marathon explosions, according to a statement from Boston University. She was a graduate student studying mathematics and statistics and was scheduled to receive her degree in 2015.

Lu was at the race with two friends from BU. One, Danling



Lu Lingzi

Zhou, was injured and is in stable condition, the school said.

On Monday morning, Lu put the finishing touches on a research project she was set to present.

Lu was a vivacious chatterbox who had lots of friends on campus, said Tasso Kaper, chair of the math and statistics department. **THE ASSOCIATED PRESS**

West, Texas

Explosion causes numerous injuries at fertilizer plant

An explosion at a fertilizer plant near Waco caused many injuries and sent flames shooting high into the night sky Wednesday.

There were no immediate indications that the explo-

sion was part of an attack.

Department of Public Safety troopers were using squad cars to transport the injured, a spokesperson said. Emergency crews were brought in from around the state. The explosion knocked out power to many customers and could be heard and felt for miles around.

There were no fatalities reported at press time.

THE ASSOCIATED PRESS

Man arrested, accused of mailing poison to president



Investigators comb the scene of the blasts in Boston. JULIO CORTEZ/THE ASSOCIATED PRESS

United States on edge.

Media overwhelmed with flood of news on letters, Boston bombings

America's frayed nerves found little relief on Wednesday as news emerged of a poison-laced letter addressed to U.S. President Barack Obama, while investigators endeavored to close in on a suspect in the Boston Marathon bombings.

Agents arrested Paul Kevin Curtis, 45, in Tupelo, Miss., in connection with letters sent to Obama and a Republican senator from Mississippi. They tested positive for deadly ricin in preliminary analyses.

The Mississippi Clarion-Ledger reported that Curtis is a celebrity impersonator and an avid church-goer. He lamented the lack of prayer in schools in a recent Facebook post on the Boston bombings.

Earlier in the day, officials said they doubted the letters

From the letters

"To see a wrong and not expose it, is to become a silent partner to its continuance."

A passage from the letters, signed "KC, and I approve this message."

were linked to the bombings.

With Americans anxious for a break in the bombing case, information was being leaked to the media at a furious speed.

At one point mid-afternoon, The Associated Press cited one official as saying an arrest was imminent. CNN said an arrest had been made. Other officials shot down those reports.

Several outlets said investigators had identified a suspect from a surveillance video. CBS News reported that the bomber was on the phone when he dropped off a second backpack and that cellphone records identified the suspect. But NBC reported police had a face, not a name. **THE CANADIAN PRESS**



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Legislation blocked

Obama calls gun-control defeat 'shameful'

The U.S. Senate blocked bipartisan legislation Wednesday aimed at tightening restrictions on the sale of firearms, a huge defeat for President Barack Obama and a rejection of personal pleas by families of the victims of last winter's mass elementary school shooting in Connecticut.

An attempt to ban assault weapons and a ban on high-capacity ammunition magazines were also rejected in a series of show-down votes four months after a gunman killed 20 school children and six staff members at Sandy Hook Elementary School.

The background-check measure commanded a majority of senators, 54-46, but that was well short of the 60 votes needed to advance.

"All in all, this was a pretty shameful day for Washington," said Obama, speaking to the nation after the vote. **THE ASSOCIATED PRESS**



Charged over Instagram post

Jennifer Pawluck, charged after posting an Instagram photo of graffiti showing Montreal police Cmdr. Ian Lafreniere with a bullet in his head, leaves the courtroom following her arraignment Wednesday in Montreal. Pawluck, 20, is charged with criminal harassment. Her case was put off until May 24, when her trial date may be set. **PAUL CHIASSON/THE CANADIAN PRESS**

1 in 7 Canadians aged 14-59 may have herpes virus

Sexually transmitted infections. New study of herpes simplex type 2 virus and chlamydia finds majority don't realize they are infected

Most not aware

6%

Of those who tested positive for herpes simplex 2, only six per cent were aware that they carried the virus.

mates were based on data collected from positive cases or screening of people considered to be at high risk of having the infections, a system that may not provide a true picture of the scale of infections.

The research was part of the analysis of urine and blood samples and data collected during the 2009-11 cycle of Statistics Canada's Canadian Health Measures Survey. The results, which are considered a representative sample of most Canadians in that age group,

are based on the study of blood and urine samples taken from roughly 3,250 Canadians.

The study found that less than one per cent — 0.7 per cent to be precise — of people tested were infected with chlamydia. Participants were asked if they had ever been diagnosed with a sexually transmitted infection and none of those who tested positive for chlamydia reported having received a diagnosis of an STI.

Although it is a reportable disease, chlamydia is what's known as a silent infection. Most people have no symptoms. Antibiotics can cure the infection. Herpes simplex 2 is also often an asymptomatic infection, though it can appear as blisters and sores around the genitals, rectum or mouth.

THE CANADIAN PRESS

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Scourge of suicide shatters remote northern reserve

Fast help wanted.

Community declares state of emergency after deaths: 'Now we have nothing left,' chief says

Two recent deaths among members of the Neskantaga First Nation have prompted the remote northern Ontario community to declare a state of emergency.

It wants fast help to stop the scourge of suicide.

The First Nation northeast of Thunder Bay has seen two of its members die over the past two weeks, throwing the fragile community of 300 into grief and fear for the stability of other families.

A chief's pain

Chief Peter Moonias hopes for help from any level of government in putting together a long-term plan to confront serious problems with prescription drugs.

- **Emergency.** He estimates more than half the community's adults are addicted to OxyContin or other painkillers.

Chief Peter Moonias said that just as the community was burying the first victim — a man in his 30s — they learned of the death of a 19-year-old from Neskantaga living in Thunder Bay.

Moonias said police have

yet to declare the second death a suicide, but he suspects they soon will.

The problems come just a few months after another young man took his life in December, a tragedy that prompted the community to put its youth on suicide watch. "One suicide, we could have handled.... Not easily, but we could have come back," said Moonias.

But the suicides are coming so close together that almost no one in the community has been left untouched.

"Now we have nothing left. We have hardly anybody who is not affected in the community."

Federal Health Minister Leona Aglukkaq on Wednesday promised the community the help it needs.

THE CANADIAN PRESS



Golly! Google's going hiking

Fancy a walk with your sweetie on a secluded beach? Why not just Google it? A deal between Parks Canada and Google Maps will soon allow you to do just that. The global Internet giant's staff will drive the roads and hike the paths of national parks and historic sites by the end of 2014 using special backpack-mounted cameras. Virtual visitors will be able to stop and look around ... as if they were actually there. Yes, it's a walk in the park. JONATHAN HAYWARD/THE CANADIAN PRESS

Seniors targeted

Long-lost kin? They'll scam you

Police in Windsor, Ont., are warning residents, particularly seniors, about con artists posing as long-lost relatives.

Elderly people have received phone calls from supposed relatives in Europe saying they are in Canada and require money for emergencies or large-ticket purchases.

Scammers appear to know personal information about their victims and may speak to them in their own language.

Police say in one case the suspects were mining information from a Facebook page.

While past scams have involved the wire transfer of money, police say scammers are now going to homes to pick up cash.

In two cases, Windsor families were defrauded of more than \$20,000. Cash was picked up by a well-dressed South Asian man in his 30s driving a silver car.

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... and a supersized meal for the horse

People going for lunch at a McDonald's restaurant in Helsinki this past weekend were surprised to see two police officers on horseback join the drive-thru queue. McDonald's welcomes all horses — ridden by police officers and members of the public alike — to the drive-thrus at their eateries, said a communications director for McDonald's Finland.

JUKKA HIIRI/METRO WORLD NEWS IN HELSINKI

Air travel. Feds should open skies to foreign carriers, CAC argues

The Consumers' Association of Canada is calling for the federal government to allow more competition from foreign airlines. The group says Canada's current policy protects the dominant domestic airlines and limits consumer options.

Association president Bruce Cran says it will use recent polling data to support its call for change in Canada's aviation industry. A Harris/Decima telephone survey of about 1,000 people in late January and early February found 61 per cent of respondents agreed that foreign airlines should be allowed to compete with Canadian carriers.

"Consumers want choice and competition for their travel dollar," Cran said in a statement Wednesday.

"The CAC will use this public opinion data to renew our call for Canada to adopt a dramatically different approach to international aviation," he added.

THE ASSOCIATED PRESS



You know you want it: Wearable computing devices like the Pebble smart watch and Google Glass are expected to explode in popularity over the next year and could become the norm within a matter of years, tech analysts say.

THE ASSOCIATED PRESS FILE/GETTY IMAGES FILE



So long smartphone, hello smart watch?

Tech trend. Some wearable computing gadgets could have mass appeal, observer says

Using wearable computing devices like smart watches and smart glasses will appeal to consumers as an alternative to pulling out their smartphones, say technology experts. You'll be able to respond to text messages or emails and make phone calls without reaching for your phone, said Info-Tech Research Group's Mark Tauschek.

"If you've got a smart watch on your wrist or you're wearing

Google Glass, you're going to get those notifications on your wrist or in your eye so you don't have to reach into your holster or pocket or purse or whatever to grab your smartphone," Tauschek said.

Smart watches that cost between \$100 and \$200 should have mass appeal and take off within two to five years, predicted Tauschek. "All you really need to get is one really useful, easy to use attractive wearable smart watch and others will follow and it will find a mass market pretty quickly."

There's also Google Glass, expected on the mass market late this year or early next year. The glasses respond to voice

Smart watches

- Smart watches such as Pebble, I'm Watch and Martian use Bluetooth technology to pair with smartphones, and do some of their work.
- Apple, Google and Samsung are also reportedly pursuing smart watches.

commands instead of fingers touching a display screen and they're equipped with a camera and tiny display screen attached to a rim above the right eye. THE CANADIAN PRESS

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Bling on the beat

Dubai police add Ferrari to fleet

Seems Dubai police have a thing for Italian speed: They're making preparations to have a nearly \$250,000 US Ferrari join an even pricier Lamborghini as the flagship flash of its fleet. Photos carried Wed-

nesday by the Emirates 24/7 online newspaper show the car getting the green-and-white colours of Dubai's police force. Last week the force unveiled a nearly \$550,000 US Lamborghini Aventador.

The two cars will roll through tourist zones in yet another expression of the city's endless pursuit of glitz. THE ASSOCIATED PRESS

Health care

Doctors flee Puerto Rico for U.S. mainland

Going to the doctor in Puerto Rico has for years often meant getting in line. Now, it might mean getting on a plane. A medical exodus is taking place

in the Caribbean territory as doctors and nurses flee for the U.S. mainland, seeking higher salaries and better reimbursement from insurers.

Many of their patients, frustrated by long waits and a scarcity of specialists, are finding they have no choice but to follow them off the island.

THE ASSOCIATED PRESS

Tax or tariff? Bike shop owner feels deceived by budget announcement

The owner of an Ottawa bicycle shop where Finance Minister Jim Flaherty last year trumpeted the benefits of his budget says he feels misled. Despite what the federal Conservatives say, they are raising consumer taxes by increasing tariffs on goods imported from dozens of countries, Jose Bray told a news conference at his Joe Mamma bike store on Wednesday.

"It was a little misleading and I think calling it a tariff and saying we're not raising taxes is trying to pull the wool over the



Finance Minister Jim Flaherty appears at Joe Mamma's bicycle shop in Ottawa on Oct. 18, 2012, to trumpet the benefits of his budget. THE CANADIAN PRESS FILE

eyes of the consumer," he said. "I feel misled more than anything," Flaherty said at the time

he would not raise taxes and would give small businesses a tax credit. THE CANADIAN PRESS



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CLEAN? OVER MY DEAD BODY

Ah, spring! That magical time of year when a single man's fancy turns to removing items from the refrigerator that are branded "Official sponsor of the Vancouver Olympics."

Yes, it's time for spring cleaning.

According to a Wikipedia entry that I just wrote, spring cleaning as a modern ritual dates back to the 1920s with the annual cleanup at the Slinky factory in Ohio, where workers would clean the toy springs top to bottom in time for autumn inspection.

This adjectival misunderstanding led people to dust, mop and organize their homes every spring as the weather warmed, which was convenient because those sexy outfits that maids are always wearing are terribly nippy in the winter.

The event caught on and now almost everybody does it. Even I take part in spring cleaning, despite the fact that I practise a special bachelorhood religion that considers dust bunnies sacred.



HE SAYS

John Mazerolle

metronews.ca

Which leads to a tricky question: Why do I do it?

God knows I don't make it easy on myself. I believe in a challenge, which is why spring cleaning is what I like to call "the only time I clean all year." Less concise, more accurate.

For most of the year, I just look around as I'm leaving for the day and think, "If I died today, would I be mortified when people open my apartment?"

In other words, my place has to be so disgusting that I would feel shame from beyond the grave. If there are no creatures with eyeballs living in the apartment and no need for the gag reflex, I'm usually satisfied. So spring cleaning is, like me, kind of a big deal.

I start by dusting the dust off the duster, taking the mothballs out of the mothballs and cleaning up the cleaners. Fully armed, I tackle the household from eye-level to bottom.

I even wash the dishes, instead of my usual ritual of draining

the water and resoaking repeatedly in hopes that the dishes will dissolve. If anyone ever invents a water-soluble, one-use frying pan, I'll be first in line — every morning.

Tackling the bathroom is also key. Usually there are so many pairs of underwear on the floor it looks like Judgment Day came and God took up only people who were mid-orgy.

Then there's the fridge, which doubles as a Grade 4 science project missing only the Bristol board that says "mould" at the top. The vegetable crisper (total misnomer) is often vegetable soup, and the multiple milk cartons in the door are like a retrospective: "The Best Before Dates of 2012."

But I still go through with the cleanup. Why? Basic hygiene? Goodness, no.

It's because it feels like a chance at new beginnings. I can wipe the slate clean, dust off my dreams and wash away the memory of that night I woke up on the living-room floor with a half-eaten junior bacon cheeseburger in my pocket. Like a New Year's resolution reprise, spring cleaning is a chance to "start clean."

That way, the carpet won't be dirty when it happens again.

ZOOM

A six-legged robot — take a hike!



ALICK COTTERILL/REX FEATURES

Behold, the largest hexapod robot in the world can walk

Meet Mantis, the six-legged walking machine. The menacing robot claims to be the biggest all-terrain operational hexapod robot in the world.

Designed and built in Winchester, Hampshire,

south England, after four years of research and development, it is the brainchild of Matt Denton, founder and chief designer of Micromagic Systems.

The robotic device can be piloted from within the cockpit or remotely using Wi-Fi technology. It's available now for private hire, custom commissions, events and sponsorships.

METRO

Q and A

Creator inspired by Star Wars movie



MATT DENTON
Founder of Micromagic Systems

What inspired you to make this?

It started at a young age while watching sci-fi films such as Star Wars: The

Empire Strikes Back. Seeing those imposing AT-ATs walk across a snowscape got me fascinated with the concept of using legged locomotion on vehicles. This ultimately led me to working in the film industry within animatronics.

I built my first hexapod robot back in 2001, it was about 30 centimetres long. I guess the Mantis was a natural progression. METRO

Clickbait

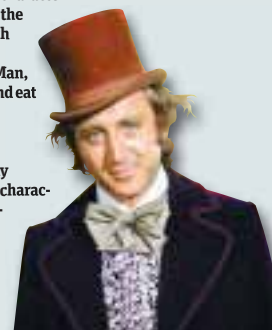
Because your Twitter feed can never have enough sarcasm, here are a couple of 'celeb' parody accounts to follow if you want to spice up your daily intake of hilarity.

@WonkaTweets:

Gene Wilder is back in a condensed, 140-character version of Willy Wonka. He makes fun of the next generation while cracking jokes with gems like, "I bet when cheetahs race and one of them cheats, the other one goes, 'Man, you're such a cheetah!' and they laugh and eat a zebra or whatever."

@DRUNKHULK:

As the name suggests, this Twitter parody account is your favourite Marvel Comics character who drunk tweets in an all-caps, first-person, poor-grammar style. One of his latest: "5.5 TONS OF NUTELLA STOLEN IN GERMANY! SOMETIME IT FEEL LIKE DRUNK HULK NOT LIVING UP TO FULL POTENTIAL!"



Letters

RE: Preschoolers Who Drink Low-Fat Milk More Likely To Be Overweight, published March 25

This is a story of another industry lie like the tobacco and sugar industry.

The dairy industry has promoted low-fat as good for your health, but actually it is good for their bottom line because they can extract more cream to make more products.

The simple science is: All that is left in the milk after the "fat" cream is removed is the sugar (lactose) so when you drink this "healthy" product you are just adding more sugar to an overloaded, Western, sugary diet. The little fat left in the three per cent milk actually works to reduce and slow the sugar uptake, and adds

more food value to the milk, which is healthier. One day, hopefully, all these lies will be shown: The sugar poison, the fat-free, high-sugar products.

I don't buy organic, I'm just concerned about the poor Western diet and the lies we are told. **44fourty posted to metronews.ca**

RE: UBC Study Reveals Most People Don't Know A Woman's Eggs Are As Old As She Is, published March 27

This article left me feeling depressed. I'm 34 years old, and not even close to having children, even though I dream of having few.

It's a grim reminder of how quickly life passes, and the pressure we women are under. **Agnieszka Jeglinska posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

This album is literally Red Hot



Winnipeg band The F-Holes pay tribute to Hank Williams, Bo Diddley and Tom Waits on their covers album, *Red Hot*. SUPPLIED

Covers. F-Holes' latest release made at the behest of fans



BACKSTAGE PASS
Jared Story
winipeg@metronews.ca

The F-Holes are all about customer satisfaction.

Red Hot — the Winnipeg band's third album — is a collection of covers, including renditions of Hank Williams' classic Cold Cold Heart and Tom Waits' Jockey Full of Bourbon. Pressed on vinyl,

Red Hot is due to audience demand.

"The two questions I get asked the most while working the merch table are, 'Which album is that Tom Waits song on?' and 'Why don't you have any vinyl? You guys should have vinyl!'" says James McKee, the F-Holes' trumpeter.

"When different people across the country are saying the same thing over and over again, you better listen."

The F-Holes recorded Red Hot — which also includes covers of Folsom Prison Blues, Sixteen Tons and the Super Mario Bros. 2 theme song — at member Blake Thomson's

house, who served as the engineer for the album.

From working on other people's songs to working with other people, The F-Holes are currently recording in a barn on a bison ranch in La Broquerie, Man. with Saskatchewan blues musician sensation Little Miss Higgins.

Also, for the Red Hot release show — Saturday at the West End Cultural Centre — the F-Holes will back up openers Jess Reimer and Andrew Neville.

"We needed a winter project between the Little Miss Higgins stuff, so we came up with this concert series at the Times Change(d) where every

Details

Tickets for The F-Holes Saturday release show are \$15 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster or \$20 at the door. Showtime is 8 p.m.

week in January we'd back up two different Winnipeg artists," says McKee, who along with Thomson is joined in The F-Holes by Eric Lemoine, Patrick Alexandre and Evan Friesen.

"We worked with Jess and

Andrew, Chris Carmichael, Matt Foster, Scott Nolan and Ridley Bent. It was super fun having to learn two new sets of material every week and we thought it would be perfect to do again at the album release."

Saturday's release show at the WECC will also feature a super secret, extra special guest. Hint: Her name rhymes with Little Miss Higgins.

And in case you're wondering, The F-Holes got its named from the f-shaped soundholes in instruments like the violin and the upright bass.

What were you thinking?

2 SCENE

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Meet Morgan Freeman, the superfan

New movie. The iconic actor only needed to hear that Tom Cruise was starring in *Oblivion* to make him want to take part

TODD
GILCHRIST
Metro World News

In *Oblivion*, Morgan Freeman plays Beech, the leader of a group of guerrilla soldiers fighting against Tom Cruise and his scientist-soldier companions for the fate of a post-apocalyptic Earth. But keeping in line with his previous roles as the leader of the free world and even God himself, Freeman's own hopes for what our future would look like are pretty peaceful and pastoral.

"We would all live in trees," the actor explains. "We would walk wherever we went. The planet would be rejuvenated. We wouldn't be killing off all the animals just to feed us."



Tom Cruise, left, and Morgan Freeman face off in *Oblivion*. UNIVERSAL PICTURES/THE ASSOCIATED PRESS

Oblivion marks the first time that Freeman has worked with Cruise, and in spite of being the sort of actor others clamour to share the screen with, he admits that he was swayed by the possibility of their collaboration.

"If I was going to be a truck driver hauling supplies (for this film), I would have taken the job," Freeman says. "I'm one of his huge fans — I have been one for I don't know how many years."

He admits that the role

of Beech was initially less substantial in the script, but the prospect of working on something with such an enormous scale — and with an enormous star — proved too irresistible to pass up.

"If you compare the script

The Cruise effect

"The movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong"

Morgan Freeman
Talking about working with Tom Cruise.

to the movie, they don't compare," he admits. "But I was excited by the script (and) the movie is so much more than what you read on the page. But it's a big science-fiction film with Tom Cruise. It's hard to go wrong."

At 75, Freeman has tackled virtually any challenge an actor might face. But he insists that the ever-changing nature of his work is what helps him maintain enthusiasm for his profession, his art.

"I enjoy it every single day," Freeman insists. "I was born to do this. It's not like I have to get up every morning Monday through Friday and go to a job. A movie begins

and it ends in a relatively short period of time, so in a given period of time — let's say a year — you can have three, four or five different experiences, which is kind of exciting."

That variety of experiences had made him not just a star, but an icon — and a beloved public figure. But Freeman says he's come to terms with the responsibilities of celebrity-hood, even if his priority remains the work itself.

"One of my movie heroes, Humphrey Bogart, was asked a question about pictures, autographs and the public," Freeman remembers. "Bogart said, 'I don't owe the public anything but a good performance,' and I tried to take that to heart, but not quite so. You can't quite get away from it."

"I don't do autographs," he explains. "They are a waste of time. But touching someone's hand, hugging a beautiful lady? All of that works out very well. So I think I owe the public a little bit more than just a good performance. I owe them just a little bit of my time — if I'm cornered."

When you wish upon a star dreams come true

Winning. Rogers, Cityline and Breakfast Television team up with Disney and WestJet in the biggest contest of its kind

VAWN
HIMMELSBACH
scene@metronews.ca

There's winning a trip — and then there's winning a trip with your family to Disney, being treated like a VIP from the moment you set foot in the airport and having a chance to win prizes that money can't buy while hanging out with on-air personalities on live television.

It's the biggest contest of its kind offered by Rogers Media, Cityline and Breakfast Television in partnership with Disney Parks and WestJet Vacations. City gave away a total of 32 vacation packages, including return airfare to Orlando,

Quoted

"My husband and I went (to Disney) for our five-year wedding anniversary. We just had our 10-year (anniversary) in August, so this is like a late anniversary trip. I wanted to win this trip because I thought my kids are at a fantastic age to enjoy the magic of Disney." Meighan Burton, Winnipeg

accommodations at Disney's Magic Kingdom, a \$600 US Disney gift card and theme park passes.

The winners will be taking over Disney World in Florida on Apr. 22 and 23 — and viewers will get a chance to share the excitement and even win a trip.

But what makes this contest different is that winners will be given an opportunity to compete, on air, for prizes that money can't buy, said Kevin Forget, producer of Breakfast Television Toronto, adding that you have to watch the shows for details on the prizes.

The party will start from

the time they check in at the airport, where they'll receive "teal" carpet treatment from WestJet, said Jordan Schwartz, vice-president of in-house productions with Rogers Media. They'll also get to experience the park before it opens to the general public, spend time with on-air personalities from across Canada and take part in live broadcasts. And, for viewers, there will be plenty of entertainment from Canadian TV hosts and guest experts.

Dreams could still come true for viewers at home, who have a chance to win a prize pack from Disney and WestJet during the live broadcasts.



Tracy Moore and Brian Gluckstein finding some magic in the Disney Kingdom. HANDOUT

Broadcast details

Cityline will air from the Magic Kingdom on April 23 at 9 a.m. ET on City

on City

- **Dates.** Breakfast Television Toronto will broadcast two shows from the Magic Kingdom on April 22 and 23 from 5:30 to 9 a.m. ET

- **Broadcasts.** Breakfast Television in Vancouver, Calgary, Edmonton and Winnipeg will air live segments throughout their regular broadcasts on April 22 and 23 on City

Online extras

Behind the Disney curtain

ELISHA
DACEY
Metro Winnipeg

When I told my five-year-old she was going to Disney World, there was stunned silence. Then a gasp. Then a party broke out in our kitchen.

Thanks to the kind folks at City, WestJet and Disney, myself, my husband, Andy, and my Bean are going to Disney World in Orlando for five days next week as part of the City in Disney event. I plan to write about some Disney tips and tricks — stories you'll only be able to find on the Metronews.ca website. It will include exclusive behind-the-scenes looks at what it takes to put a TV show together in Disney.

Elisha Dacey is the managing editor of Metro Winnipeg. Follow her on twitter @elishadacey.



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Miley Cyrus and Liam Hemsworth. PHOTOS: GETTY IMAGES

Billy Ray Cyrus hints Miley's engagement may end in achy, breaky hearts

If how Billy Ray Cyrus went about writing his new memoir, *Hillbilly Heart*, is any indication, he's not that optimistic that daughter Miley Cyrus and her fiancé, Liam Hemsworth, will make it to the altar.

"I know as I was writing the book I wanted to keep that particular moment as open-ended as possible. I didn't know the answer,"

Billy Ray tells ABC News.

"They're young, they're kids. The great news is, they're great friends. They're really, really good friends."

As for their chances of seeing their wedding reception? "I don't know, I really don't," he says.

"I play it by ear and I know whatever is meant to be, that's the way it's going to happen."

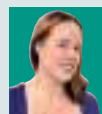
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rihanna's Diamonds tour losing its shine



THE
WORD
Dorothy Robinson
scene@metronews.ca

What is going on with Rihanna?

Rihanna's *Diamonds* World Tour, which kicked off March 8th, isn't going off exactly as planned.

The singer has already cancelled three concerts — Baltimore and Boston last month and Houston on Monday. Her promoter Live Nation confirmed only that the cancellations were "as a result of illness" but did not say what was wrong with the star. When she cancelled the Boston show, she tweeted

fans that morning, saying: "(Boston) this is the hardest thing for me to deal with! I feel like we've been waiting on this day forever, and I'm hurt that I let you down. ... I hate disappointing people that never ever let me down!! I'm so embarrassed about this! Thank you for your prayers and well wishes!"

Her camp is claiming "laryngitis" but the tabloid press is claiming "pregnant." TMZ.com spotted the singer, covered up in a baseball cap and sucking on a lollipop, leaving a medical building on Tuesday. If you checked out the singer's Instagram, you will see she is a connoisseur of the green stuff. So maybe if she laid off the pot? Perhaps that would help this whole "laryngitis" issue. I know it would definitely help this possible "pregnancy" situation.



Macaulay Culkin

Paparazzi leave Culkin a sulkin'

Macaulay Culkin isn't having that great of a stay in London, if his run-ins with the paparazzi are any indication.

The former child star first seemed perturbed by the photographers' presence while checking into his hotel, the Budget Ibis. Tensions boiled over while Culkin was

leaving nightclub the Haunt after joining pal Adam Green on stage, according to E! News.

Culkin reportedly launched himself at a paparazzo and began attacking him, telling him to go to hell.

It's unclear what set the actor off.

Twitter



@ABFoundation
I am pretty bad at yoga.



@mindykaling
Back when I resided in the United States I lived in a little Spanish casita w/a fountain. Wonder if the new inhabitants enjoy the gurgle



@justinbieber
Up watching funny YouTube vids. What r some good ones?

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Jeans are the easiest thing to wear during spring's rainy season of transitional weather. We take styling tips from seven stylish everyday women spotted around the world.

KENYA HUNT
Metro World News



The idea: Day-to-night means dressing down

Styling tip: Speaking of contrast, check out how Rajni Jacques's polished tailoring neatens up the New Yorker's otherwise badass grunge look, showing a new side of day-to-night dressing. Because sometimes, the after-work socializing happens in a dive bar and not a swanky gallery opening.



BOUTIQUE BOYFRIEND BLAZER
\$300, TOPSHOP.COM

5

new ways to wear denim

The idea: Bring those old school high tops back

Styling tip: Lately, when we see a pair of sneakers in a fashion story, it's the neon Nike Free or primary coloured New Balance. But the classic high top (and we're not talking about those trendy Isabel Marant wedge ones) has been overlooked. Londoner Bryona Hayne's sporty look makes a good case for fixing that.

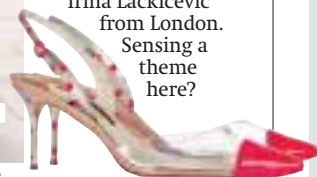
NIKE SNEAKERS
\$112, NIKE.COM



The idea: Give the girly girl an edge

Styling tip: Pink, the most saccharine of colours, suddenly gets major bite when paired with boyfriend jeans and a fisherman's sweater. And let us draw your eye to the navy blue nails on Irina Lackicevic from London. Sensing a theme here?

SOPHIA WEBSTER
SLINGBACKS
\$395,
NETAPORTER.COM



SOPHIE HULME
TRENCH WITH LEATHER SLEEVES
\$805, STYLEBOP.COM

The idea: Take the wide legs out of the '70s

Styling tip: Steer clear of going too literal and disco-y by balancing the retroness of the jeans with a contemporary silhouette on top. Pay close attention to the length of Brit Kimberly Carroll's jeans. You don't want them dragging on the ground.



The idea: Put the ripped bits up top

Styling tip: We expect to see rips and tears on the legs (preferably just above or below the knee.) Give an element of surprise by wearing the distressed bits up top, pairing a ripped knit with a pristine pair of dark blue jeans the way Anouki Areshidze in Milan does here.



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Erika
Student
Age: 22

What she's wearing
Gifted scarf, Costa Blanca coat,
Trust Fund jeans, Coach bag,
Old Navy booties.

Her inspiration
"Ottawa inspires my style! I
study entrepreneurship and I
am inspired by small businesses.
And I also love thrifting!"

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KATARINA KURUC, LOVEK.ORG

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Glam star picks permeate prom

Red carpet ready.
Teens seeking their
own time in the
spotlight look to
celebs for inspiration

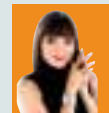
You might as well roll out the red carpet in front of the school gymnasium or hotel ballroom and line it with parental paparazzi. Prom season provides many girls a chance to have their moment to pose.

It's likely that this year's parade of fashions will include a few starlet look-alikes. And why not?

Today's young celebrities span many styles. There's Jennifer Lawrence, who has come to awards shows dressed both sporty and sleek, and like a princess; Taylor Swift, who moves seamlessly from vintage to ethereal; and sometimes funky, sometimes artsy Chloe Moretz.

There are also Rihanna and Selena Gomez, notes Gina Kelly, fashion director at Seventeen. "You've got Selena Gom-

Twitter



**JEANNE
SPACE**
Jeanne Beker
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**Jennifer Lawrence shows her fans
how to get down in a gown.**
JOHN SHEARER/
INVISION/ THE ASSOCIATED PRESS

ez, who's a little sweeter, and Rihanna, who's edgier. Within that range, you've got a lot of options."

Coming just off the Hollywood awards season, all the options are fresh in girls' minds, she says, and they've gotten ideas on how to put a whole package together. Lawrence, for example, wore a bona fide ball gown — and there are girls who want that — but her delicate jewelry and loose updo added youthfulness, Kelly observes.

Georgina Chapman, designer of red-carpet favourite Marchesa, is now offering a significantly less expensive version of her party looks at JCPenney under the Pearl label.

For even her older teen stepdaughter, Chapman says she felt like Marchesa's dramatic signature might have been a little too much. "You want to look vibrant. You've got that young glow, work with that!"

She hopes Pearl adds a little "more tongue in cheek" than Marchesa, with the same level of attention to details, and you'll have the embellishment and ruffles.

Mandi Line, costume designer for TV's Pretty Little Liars, encourages girls to try on as many prom dresses as possible. Then, she says, "go with your gut or you won't be happy at the dance."

"What do you want to show off? Your legs, your arms? Then look at your favourite star. You might not be like them, you might not look like them. But it's a good start for ideas," Line says.

THE ASSOCIATED PRESS

Invite the sea into your home

It's not often that I subscribe to a heavily-themed decorating style. Although industrial-chic and hotel-style have fared well, it's time to soften up the looks and introduce a style dedicated to water and sand. Sea-side living-inspired-decor themes are popping up, and this nautical theme might just be what jump starts us into summer.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Rope Knot Table Lamp Base, \$190

Nautical manila rope is tightly twisted and knotted to create a textured lamp base for a seaside look. potterybarn.com.

Towels \$11, Monograms \$7

Handwoven in pure cotton, the Herringbone hand towels make a personalized statement when monogrammed. westelm.com.



Yacht Club Cushion, \$20

Sail away to France with blue and white accent pillows. simons.ca.

Lauren by Ralph Lauren picture frame, \$60

Soft sheen and sea colours from mother of pearl of the sea is trimmed with nickel plated iron. thebay.com.



Sea Urchin Candle, \$16

The beauty of the sea urchin surfaces in this detailed candle crafted of natural wax rubbed with white highlights. crateandbarrel.com.



Woven Wicker Drum Lamp Shade, \$63

The textured weave of natural wicker adds an instant summer-time look to any lamp base. potterybarn.com.



Out with the old, in with the newly restored

DIY ideas. Clean, sand, paint, stain — restore an old piece into a new gem for your home

If one man's junk is another man's treasure, both those men are probably at the flea market, where beautiful pieces of decor can be hiding beneath chipped wood and old paint.

Robert Kulp and Mike Whiteside of Salvage Dawgs

offer some tips on turning junk into treasure through restoration.

Research and inspect

Check for unusual markings and labels to determine the origin and worth of the piece.

If you suspect it may be an antique, take it to a professional before you work on it.

If you start to restore an antique you will ultimately void the piece of any vintage worth.

Safety first

A safety checklist before you start is a key component when doing DIY projects.

When restoring furniture, be sure to have goggles to protect your eyes from wood or metal scraps, wear long sleeves, wear a mask when working with chemicals and be sure to work in a well ventilated area.

Clean before you start

Once you've determined your plan for the piece it

must be thoroughly cleaned before you begin sanding, painting or staining.

You will need to buff it with a vegetable oil-based soap and warm water. Use a small soft bristle tooth brush if the piece is highly detailed.

Dirt and grime build up over the years and it will need to be removed for a professional look.

Repair

If parts are broken you will need to repair them or replace them altogether.

Search antique stores because you may get lucky and find a matching chair leg or drawer knob; but chances are you will have to get replacements custom made.

Check for loose screws to simply tighten them, or take them out and replace them if they're rusted. Use wood glue for any small breaks and wood putty for small cracks.

Refinish/repaint

You will need to use both

chemical strippers and sanding to take off the old finish. If you are painting the piece, you will need to slightly sand down any ridges.

Before you stain or paint the item, give it another buff to get rid of dust in order to end up with a professional looking finish.

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Found an antique? Use a chemical stripper to take off the old finish. iStock Images

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- 2 tbsp chopped fresh cilantro or parsley
- 2 tbsp lime juice
- 2 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 1 tbsp sodium-reduced soy sauce
- 1 tsp Thai red curry paste

Peanut sauce

- 1/3 cup natural peanut butter
- 1/3 cup coconut milk
- 2 tbsp lime juice
- 1 tbsp sodium-reduced soy sauce
- 1 tsp packed brown sugar
- 1/2 tsp hot pepper sauce

"This curry-scented marinade uses only a bit of Thai red curry paste, but an opened jar will keep in the fridge for up to one year," write the editors of Canadian Living in The Appetizer Collection. "Try the luscious peanut sauce on grilled chicken as well."

1. Peanut sauce: In food processor, blend together peanut butter, coconut milk, lime juice, soy sauce, brown sugar and hot pepper sauce until smooth. Pour into bowl; cover and set aside. Cut pork into 26 8-by-1-by-5mm strips.

2. Marinade: In large bowl, whisk together brown sugar, cilantro, lime juice, garlic, ginger, soy sauce and curry paste; add pork, tossing to coat. Cover and refrigerate for 4 hours. (Make-ahead: Refrigerate peanut sauce and pork separately for up to 24 hours. Bring sauce to room temperature, thinning with water, if desired.)



This recipe makes 26 pieces. RYAN SZULC/CONTRIBUTED

3. Thread pork onto small metal or soaked wooden skewers; place on broiler pan or foil-lined rimmed

baking sheet. Broil, 15 cm from heat and turning once, until lightly browned and no longer pink inside, about 6

minutes. Serve with peanut sauce for dipping.

RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION

Cookbook of the Week

Get the party started with these tasty appetizers

Take the stress out of hosting a party with The Appetizer Collection from the experts in The Canadian Living Test Kitchen.

Chapters include dips and spreads, hot appetizers, savoury pastries, tiny sandwiches, cold appetizers, snack mixes and drinks. To make entertaining easy, helpful tips on party planning are also tucked into each chapter. Meanwhile, handy guides help you figure out how much food to make, how many drinks to provide and efficient ways to prep. **METRO**



appetizer

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Served with rice, roasted potatoes and your choice of soup or salad to start.



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Appetizer. Feta Spinach Strudel Bites

Ingredients

- 9 sheets phyllo pastry
- 1/2 cup butter, melted
- Filling**
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 pkg (10 oz/300 g) frozen spinach, thawed
- 1 cup grated Romano cheese
- 1 cup crumbled feta cheese
- 1 egg, lightly beaten
- 1/4 cup diced, drained, jarred roasted red pepper
- 3 tbsp chopped fresh dill (or 2 tsp dried dillweed)
- 1/2 tsp pepper
- Pinch nutmeg



This recipe makes 36 pieces. YVONNE DUIVENVOORDEN/CONTRIBUTED

1. Filling: In skillet, heat oil over medium heat; fry onion and garlic, stirring often, until softened, about 5 minutes. Scrape into bowl; let cool. Squeeze moisture from spinach; chop finely and add to bowl along with Romano and feta cheeses, egg, roasted red pepper, dill, pepper and nutmeg. Stir to combine.

2. Place 1 sheet of the phyllo on work surface, covering remainder with damp towel to prevent drying out. Brush lightly with some of the butter. Top with 2 more phyllo sheets, brushing each with

some of the remaining butter.

3. Leaving a 2.5 cm border on each end, spoon about 1 cup of the spinach mixture along 1 long side; fold ends over filling. Roll up to form log.

4. Place, seam side down, on baking sheet. With sharp knife, score top through phyllo to make 12 servings. Repeat with remaining phyllo and filling and some of the remaining butter. (Make-

ahead: Cover with plastic wrap; refrigerate for up to 24 hours. Or freeze in airtight container for up to 2 weeks. Bake from frozen, increasing baking time by 5 minutes.)

5. Brush with remaining butter. Bake in 400 F (200 C) oven until golden, about 25 minutes. With serrated knife, slice along score marks.

RECIPE EXCERPTED FROM CANADIAN LIVING THE APPETIZER COLLECTION

CFL

Former NFL QB signs with Ticats

Former NFL quarterback Brian Brohm is continuing his pro career in the CFL.

The Hamilton Tiger-Cats announced Wednesday that Brohm has agreed to terms with the team. He was on the field for the start of the club's mini-camp.

Brohm, 27, was taken in the second round, 56th overall, by the Green Bay Packers in the 2008 NFL draft out of Louisville.

Buffalo signed Brohm off of Green Bay's practice roster in 2009. The native of Louisville, Ky., appeared in three games over two seasons with the Bills, completing 27 of 52 passes for 252 yards with five interceptions and no TDs.

Brohm spent parts of the 2011 and 2012 seasons with the Las Vegas Locomotives of the United Football League.

THE CANADIAN PRESS

Hockey

Lindy Ruff back behind bench with Team Canada

The last man to coach Canada to a medal at the men's world hockey championship is back behind the bench.

Hockey Canada has named Lindy Ruff the country's head coach for the 2013 men's world hockey championship May 3-19 in Stockholm and Helsinki.

Ruff coached Canada to a silver medal at the 2009 world championship. Canada lost 2-1 to Russia in the final in Berne, Switzerland, and hasn't finished in the top three since then.

THE CANADIAN PRESS

Jets hope forecast calls for whiteout

NHL. Ladd and co. hope to restore playoff tradition in Winnipeg

Andrew Ladd wants to experience a whiteout, but it's got nothing to do with the snow in Winnipeg.

The captain hopes the team gets into the playoffs so fans can continue the post-season tradition of wearing white as they did with the original Winnipeg Jets NHL club.

"The whiteout is the most appealing thing, and being a part of where that all started would be, for me, something that would be pretty cool to play in front of," Ladd said after Wednesday's practice.

The tradition of Winnipeg fans wearing white in the post-season began in the 1986-87 NHL playoffs when fans countered Calgary's "C of Red" in the opening round with the "Winnipeg White Out."

The Jets defeated the Flames in six games, but were swept by the Oilers in the next round. Wearing white in the playoffs continued and even followed the Jets when the franchise moved to Phoenix after the 1995-96 season.

Hockey-starved Winnipeg fans welcomed the Jets back to Manitoba prior to last sea-



Winnipeg Jets captain Andrew Ladd aided his team's playoff push with two goals, an assist and the shootout winner in a 4-3 victory over the Tampa Bay Lightning at the MTS Centre on Tuesday. TREVOR HAGAN/THE CANADIAN PRESS

son when the Atlanta Thrashers were bought, relocated and renamed. However, the new version of the Jets missed the playoffs last season.

Ladd is doing everything in his power to get Winnipeg

(22-19-2) into this year's post-season.

The B.C. native had two goals and an assist in regulation, then added the shootout winner in the Jets' 4-3 victory over Tampa Bay on Tuesday that extended their winning streak to a season-high four games.

Winnipeg's 46 points ties them with the Rangers for eighth place in the Eastern Conference, but New York officially sits in that spot be-

cause they've played one less game than the Jets.

"You can just tell the excitement and the buzz for hockey is huge and the possibility of making the playoffs obviously would be great, for not only for us but the fans," Jets forward Evander Kane said.

The Jets host Carolina (17-23-2) Thursday, a club in 14th place in the conference that's only won two of its last 17 games. THE CANADIAN PRESS

Quoted

"That's something they're hungry for and we're just as hungry, if not more."

Winnipeg Jets winger Evander Kane on the team's fans' wanting to see playoff hockey.

Sabres down Bruins as sports resume in Boston



Dennis Seidenberg of the Boston Bruins stands near a projection of the Boston Marathon Memorial Ribbon seen on the ice prior to a game against the Buffalo Sabres in Boston on Wednesday night. JIM ROGASH/GETTY IMAGES

Drew Stafford scored the only shootout goal after Buffalo tied the game in the final minute of regulation, and the Sabres beat the Bruins 3-2 on Wednesday night in the first pro game in Boston since the marathon bombings on Monday.

The Sabres forced overtime with 26.6 seconds left when Cody Hodgson scored his 14th goal of the season, tipping in Thomas Vanek's pass into the slot during a power play.

Boston still clinched a playoff berth by gaining one point. The Bruins are tied in points

with Montreal atop the Northeast Division, but have one game in hand on the Canadiens. Both teams trail Eastern Conference-leading Pittsburgh by nine points.

There was heightened security at TD Garden where cars entering the garage were searched, and fans were checked with wands and patted down.

There was a pre-game period of silence and a slide-show of scenes from the Boston Marathon in which three people died and more than

170 were wounded when two bombs went off near the finish line on Monday.

The 10th-place Sabres, who beat Philadelphia and Tampa Bay last weekend, are fighting to get into playoff position. They are two places and two points below the post-season cutoff, but have only four games to go.

The Bruins had been scheduled to play at home against the Ottawa Senators on Monday night. That game was postponed and rescheduled for April 28. THE ASSOCIATED PRESS



Blake Wheeler, top left, Evander Kane and Andrew Ladd have found new levels of success in Winnipeg this season, but it's the secondary scorers and grinders that give teams a playoff chance at this point in the season. TREVOR HAGAN/THE CANADIAN PRESS

Depth needs to rise up for Jets to have post-season success



THE HOCKEY NEWS

Rory Boylen
winnipeg@metronews.ca

Claude Noel recently called the Andrew Ladd-Bryan Little-Blake Wheeler unit a "top line in the National Hockey League." Led by Ladd, the trio has been a force, especially recently as the team has tried to make a desperate push to the playoffs.

And it's fantastic that they've had one of their forward lines step up to the task. But if Winnipeg misses the playoffs, it will be because of a problem we all knew the team had heading into this season: A lack of depth.

The Jets have been so wildly inconsistent from one game to the next all season because,

it seems when their leaders are off no one else can step up to the task. The Toronto Maple Leafs felt this problem for a number of years, but the difference for that team this time is depth has shone through. They may not be household names, but their lineup produces from top to bottom.

To win a dogfight towards the post-season or to have success once you get there, experience is crucial. It's more comfortable to go in knowing what the physical and mental challenges are. It's good to go in with players who can keep the less experienced on an even keel, not getting to high after an early series win, or too low after falling behind in a series.

All told, Winnipeg has six players on its roster who have

played in the NHL playoffs.

Another crucial part of playoff and playoff-push success is to have reliable special teams. The difference between moving on and booking a tee time could be a power play goal or penalty kill hold. But again, Winnipeg is in an undesirable position here. Right now, the Jets rank 28th on the man advantage and 24th shorthanded: If you add the two conversion rates together, the Jets would rank dead last among playoff teams.

Though they're still very much in the playoff race, the battle is an uphill one against a much more battle-tested Rangers team. It's great to have one line clicking so well at this point in the year, but if nothing else is in prime condition, you're still behind the eight-ball.

Boston bombings

Heat's Allen says friend lost leg in Monday's blasts

If he was still a member of the Celtics, Ray Allen knows exactly where he would have been when a pair of explosions rocked the Boston Marathon.

He'd have been at the finish line — where the bombings occurred.

In the Miami Heat locker room Wednesday, Allen said a friend of his family was among those who lost a leg Monday in the deadly explosions, and that another friend owned the restaurant that employed the 29-year-old woman who was one of the three people killed.

"We have a family friend that was there, that ran the marathon, and she's in intensive care now because she lost her leg," Allen said Wednesday night. "A good friend of mine, one of the managers of his restaurant, the 29-year-old that was killed, was his manager."

Allen says that if he was still with the Celtics, he likely would have been at the finish line around the time of the explosions, waiting for his mother and wife to complete their runs.

THE ASSOCIATED PRESS

MLB. Jays' Happ helpless in first loss of season

Catcher Tyler Flowers hit a three-run home run and Jose Quintana pitched 6 2/3 innings to earn his first win of the season as the Chicago White Sox defeated the Toronto Blue Jays 7-0 on Wednesday.

Alex Rios also homered as Quintana (1-0) held the Blue Jays to five hits and two walks while striking out seven in his third start of the season before a crowd of 15,684 at Rogers Centre.

Toronto left-hander J.A. Happ (2-1) allowed six hits, including two home runs, and five runs in 5 2/3 innings to take

his first loss in three starts that ended a string of four consecutive quality starts by the Blue Jays.

The White Sox (7-8) have won two in a row after losing the opener of the four-game series on Monday. The Blue Jays (6-9) will try for a split on Thursday.

Chicago took a 3-0 lead with two out in the second when Flowers hit his third homer of the season on a 2-1 fastball that he drove to right centre. It followed a two-out double by Dayan Viciedo and a walk to Alexei Ramirez. THE CANADIAN PRESS



Blue Jays starting pitcher J.A. Happ throws against the Chicago White Sox on Wednesday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

NBA					
EASTERN CONFERENCE					
	W	L	Pct	GB	
z-Miami	65	16	.802	N	
y-New York	54	28	.659	11½	
y-Indiana	49	32	.605	16	
x-Brooklyn	49	33	.598	16½	
x-Chicago	44	37	.543	21	
x-Atlanta	44	38	.537	21½	
x-Boston	41	40	.506	24	
x-Milwaukee	38	44	.463	27½	
Philadelphia	34	48	.415	31½	
Toronto	34	48	.415	31½	
Washington	29	52	.358	36	
Detroit	29	53	.354	36½	
Cleveland	24	58	.293	41½	
Charlotte	21	61	.256	44½	
Orlando	20	61	.247	45	

WESTERN CONFERENCE					
	W	L	Pct	GB	
z-Oklahoma City	60	22	.732	N	
y-San Antonio	58	24	.707	2	
y-Denver	57	25	.695	3	
y-L.A. Clippers	55	26	.679	4½	
x-Memphis	55	26	.679	4½	
x-Golden State	46	35	.568	13½	
x-Houston	45	36	.556	14½	
L.A. Lakers	44	37	.543	15½	
Utah	43	38	.531	16½	
Dallas	40	41	.494	19½	
Portland	33	48	.407	26½	
Minnesota	31	51	.378	29	
Sacramento	28	53	.346	31½	
New Orleans	27	54	.333	32½	
Phoenix	25	57	.305	35	

x — clinched playoff berth; y — clinched division; z — clinched conference.

Wednesday's results

Toronto 114 Boston 90
Brooklyn 103 Detroit 99
Charlotte 105 Cleveland 98
Denver 118 Phoenix 98
Milwaukee 95 Oklahoma City 89
Minnesota 108 San Antonio 95
New York 98 Atlanta 92
Philadelphia 105 Indiana 95
Washington at Chicago
Utah at Memphis
Orlando at Miami
New Orleans at Dallas
Golden State at Portland
Houston at L.A. Lakers
L.A. Clippers at Sacramento
End of Regular Season

NHL								
EASTERN CONFERENCE								
	GP	W	L	OTL	SL	GF	GA	Pt
y-Pittsburgh	43	33	10	0	0	147	106	66
dx-Boston	42	26	11	2	3	118	94	57
d-Washington	43	24	17	2	0	134	119	50
x-Montreal	43	26	12	3	2	135	113	57
Toronto	43	24	14	0	5	131	118	53
Ottawa	42	22	14	2	4	104	91	50
NY Islanders	43	22	16	4	1	124	124	49
NY Rangers	42	22	16	0	4	104	98	48
Winnipeg	43	22	19	0	2	113	126	46
Buffalo	44	19	19	2	4	114	130	44
New Jersey	42	15	17	3	7	96	115	40
Philadelphia	43	18	22	1	2	117	133	39
Tampa Bay	43	17	22	1	3	136	135	38
Carolina	42	17	23	1	1	109	134	36
Florida	42	13	23	5	1	101	147	32

WESTERN CONFERENCE								
y-Chicago	42	33	5	0	4	139	87	70
dx-Anaheim	42	27	10	2	3	125	105	59
d-Vancouver	43	24	12	1	6	118	104	55
Los Angeles	43	24	14	1	4	122	107	53
San Jose	43	23	13	3	4	109	104	53
Minnesota	43	24	16	1	2	114	109	51
St. Louis	42	24	16	1	1	112	105	50
Detroit	42	20	15	3	4	106	107	47
Columbus	43	20	16	3	4	106	110	47
Dallas	42	21	18	2	1	118	126	45
Phoenix	42	18	17	3	4	110	114	43
Edmonton	42	16	19	4	3	106	120	39
Nashville	44	15	21	2	6	100	123	38
Calgary	42	16	22	1	3	113	145	36
Colorado	43	14	22	5	2	103	135	35

x = clinched playoff berth; y = clinched division.

x — clinched playoff berth; y — clinched division.

Wednesday's results

Buffalo 3 Boston 2 (SO)
Pittsburgh 6 Montreal 4

Detroit at Calgary

Columbus at Anaheim

Thursday's games

All Times Eastern

Florida at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Toronto, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Washington at Ottawa, 7:30 p.m.
New Jersey at Philadelphia, 7:30 p.m.
Phoenix at St. Louis, 8 p.m.
Carolina at Winnipeg, 8 p.m.
Vancouver at Dallas, 8:30 p.m.
Columbus at Los Angeles, 10:30 p.m.
Minnesota at San Jose, 10:30 p.m.

MLB					
AMERICAN LEAGUE					
EAST DIVISION					
	W	L	Pct	GB	
Boston	9	4	.692	—	
New York	8	5	.615	1	
Baltimore	7	7	.500	2½	
Toronto	6	9	.400	4	
Tampa Bay	5	9	.357	4½	

CENTRAL DIVISION					
	W	L	Pct	GB	
Detroit	8	5	.615	—	
Kansas City	8	6	.571	½	
Chicago	7	8	.467	2	
Minnesota	6	7	.462	2	
Cleveland	5	7	.417	2½	

WEST DIVISION					
	W	L	Pct	GB	
Oakland	12	4	.750	—	
Texas	9	5	.643	2	
Seattle	6	9	.400	5½	
Los Angeles	4	10	.286	7	
Houston	4	11	.267	7½	

Wednesday's results

Chicago White Sox 7 Toronto 0

Oakland 7 Houston 5

L.A. Angels at Minnesota (ppd., rain)

Arizona at N.Y. Yankees

Boston at Cleveland

Tampa Bay at Baltimore

Detroit at Seattle

Thursday's games — All Times Eastern

Detroit (Verlander 2-1) at Seattle (Iwakuma 2-0), 3:40 p.m.

Arizona (Corbin 2-0) at N.Y. Yankees (Hughes 0-2), 7:05 p.m.

Boston (Lester 2-0) at Cleveland (McAllister 1-1), 7:05 p.m.

Tampa Bay (Price 0-1) at Baltimore (Gonzalez 1-1), 7:05 p.m.

Chicago White Sox (Sale 1-1) at Toronto (Dickey 1-2), 7:07 p.m.

NATIONAL LEAGUE

Wednesday's results

Cincinnati 1 Philadelphia 0 (comp. of susp. gm)

Cincinnati 11 Philadelphia 2

Kansas City 1 Atlanta 0

Pittsburgh 5 St. Louis 0

N.Y. Mets at Colorado (ppd., snow)

Texas at Chicago Cubs (ppd., rain)

Washington at Miami

San Francisco at Milwaukee

San Diego at L.A. Dodgers

Horoscopes

Aries

March 21 - April 20

Keep things in perspective today. Not everything will go your way and you could even suffer a small financial loss but it's no big deal.

Taurus

April 21 - May 21

With the Sun about to move into your birth sign you should be looking ahead and planning all the marvelous things you are going to be doing. Don't let other people's negativity hold you back.

Gemini

May 22 - June 21

You may be active by nature but over the next few days you should aim to do less and think more. Activity for its own sake, be it physical or mental, is a waste of time, so make sure your aims have meaning.

Cancer

June 22 - July 23

How can you make a difference in the world? Give it some thought and a way will occur to you.

Leo

July 24 - Aug. 23

Do you want to improve your status and reputation? Then keep your eyes and ears open because you will soon get the chance.

Virgo

Aug. 24 - Sept. 23

The planets are about to offer you the chance to make a new beginning. First though you need to get rid of all that emotional baggage you have been carrying around. It's time to be who you want to be.

Libra

Sept. 24 - Oct. 23

You may be inclined to make changes to your financial or business affairs today but is that really such a smart idea? With so many things in a state of flux at the moment it may be better to just sit tight.

Scorpio

Oct. 24 - Nov. 22

Your reputation for toughness is well deserved but there is also a softer, more compassionate side to your nature that will be much in evidence today.

Sagittarius

Nov. 23 - Dec. 21

Do you see your work as a challenge or a chore? If it's the latter you may need to change direction

Capricorn

Dec. 22 - Jan. 20

You cannot be bothered with trivial issues or trivial people. There are so many big things going on in the world at the moment and it annoys you that so many don't seem to care.

Aquarius

Jan. 21 - Feb. 19

With the cosmic emphasis about to switch to the domestic sphere you should focus on the needs of loved ones.

Pisces

Feb. 20 - March 20

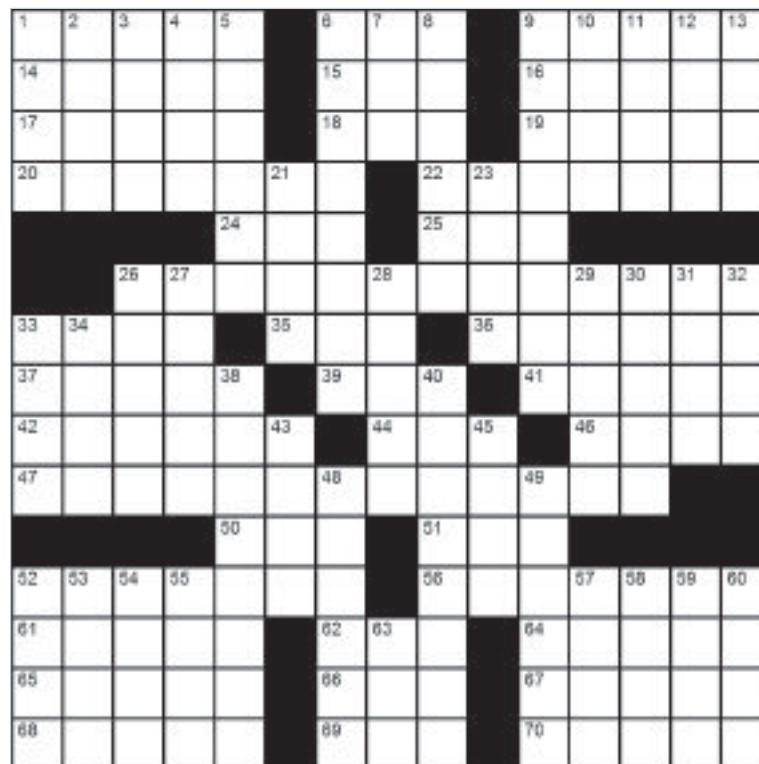
As Pisces is such a sensitive sign you are easily affected by other people's moods, which means you should be rather cheerful today. Everyone around you is in the mood to have fun. Sounds like an excuse for a party.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Juno, for one
6. Haul with difficulty
9. Boast
14. "Extra" host Mr. Lopez
15. 'Comb' suffix (Put together)
16. "___ Majesty's Secret Service (1969)"
17. Spectrum source
18. Half a cheering prop
19. "___ fired!" (Donald Trump's catchphrase)
20. Maritime helicopter of the RCAF: 2 wds.
22. Sir Walter Scott novel about a Saxon knight
24. Naught
25. Henpeck
26. It distinguishes the iconic Lacoste tennis/golf shirt: 2 wds.
33. Moulding style
35. ___ Pekka Salonen (Finnish conductor/composer)
36. Some leathers
37. Keepsake of yore
39. Grads-to-be, briefly
41. Beverly Hills' ___ Drive
42. Sporting spots
44. "Of course."
46. 'Smart' suffix (Brains)
47. Justin Trudeau's gig: 2 wds.



50. Fizzle out
51. Roman Numeral for 551
52. Bring in illegally
56. Driving and piano
61. Filmmaker, Frank ___
62. Tiny

64. Sal of "Rebel Without a Cause" (1955)
65. Warning device
66. '___' for Alberta
67. "Farewell, mon ami!"
68. Length unit

69. Salutes from Rocky
70. Tennis great, Ivan ___

Down

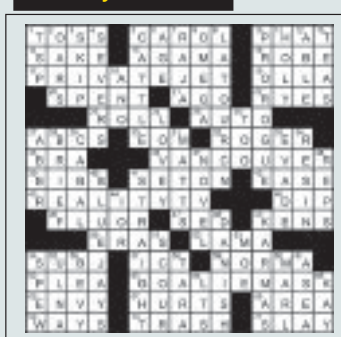
1. Hookups for Mr. Hendrix

2. Merchandise
3. Diva's showstopper
4. Take a chance
5. Dotted game tile
6. Makeup kit item: 2 wds.
7. One: Spanish
8. Horoscope sign

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

9. Goods transporting job in early Canada
10. Auth. unknown
11. "Nope."
12. Detective created by mystery writer Rex Stout, ___ Wolfe
13. Branches-and-roots grower
21. Kind
23. Mr. Kilmer's, for short
26. Famous person, for short
27. Marie Antoinette, par exemple
28. Actress Ms. Hannah
29. Sierra ___
30. More peculiar
31. "Well, well, wells."
32. Bears: Spanish
33. Viva voce
34. Ginger Spice aka ___ Halliwell
38. Poker: 2 wds.
40. Like some grapes
43. Cruise
45. Garage ___
48. Allowance
49. Dreary
52. Defraud
53. Female's opposite
54. ___ the crack of dawn: 2 wds.
55. Fido is furious!
57. Show allegiance
58. "Come ___!" = "Welcome!": 2 wds.
59. Call for
60. Collective ___ (Rock band)
63. Farm song vowels

Yesterday's Crossword

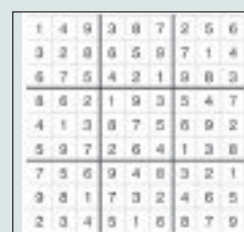


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

FRIDAY

SATURDAY



MAX: 1°
MIN: -12°



MAX: 2°
MIN: -6°



MAX: 2°
MIN: -7°



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